

Community Grief Support Programs

Cress Funeral & Cremation Service is committed to caring for our community. Through our partnership with the HeartLight Center for Grief, we are proud to offer grief support opportunities for individuals, families, professionals, and community members.

Four-week Support Group

GRIEF SUPPORT

Facing the Mourning

4-Session Support Group
Madison, WI

An interactive support group designed to help with the grieving process by using visual and thought-provoking tools. During these four sessions, the participants share their story, build memorials, compose letters, write in journals and develop goals with milestones. Designed for all types of losses, individuals and family members. Cost: \$65, includes all 4 sessions and manual.

Details:
Tuesdays, February 17, 24, March 3 & 10
5:30-7:00 PM
3610 Speedway Road, Madison, WI 53705

Register:
Email: info@heartlightcenter.org
Call: 720-748-9908

Scan: 

In Partnership With: 

About the Facilitators: Lauren Jensen, LCSW & Kaitlin Tolbert

Lauren is a Licensed Clinical Social Worker (LCSW) and Certified Grief-Informed Professional with over 10 years of experience. She believes in the power of storytelling and that every person carries innate wisdom. Lauren uses a strengths-based approach to support individuals and families in their grief journey. She is passionate about helping grieving with authenticity and care.

Kaitlin is an Intern with HeartLight Center, committed to providing grieving persons with a space to be seen and heard regarding their grief experience. She is a Licensed Clinical Social Worker (LCSW) candidate with over 10 years of experience in supporting individuals and families navigating grief, trauma, and mental health challenges. She is passionate about integrating creative tools/techniques as art, writing, and music to make the process of grieving more accessible and meaningful.

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www.heartlightcenter.org

HeartLight Center

Professionals/Community Education Series

Educational Signature Series:

UNDERSTANDING GUILT WITH SUICIDE LOSS

Presented by Rebecca Sanford, PhD, RCSV, RCC

TUESDAY, FEBRUARY 24TH 2026

Program for Professionals:
Guilt and Suicide Grief: Supporting Grieving Clients
Tuesday February 24, 2026
8am PT/ 9am MT/ 10am CT/ 11am ET | Virtual Program
While recent research indicates that guilt is connected to negative outcomes in bereavement, there are few recorded interventions to support professionals in addressing bereavement related guilt in practice. This presentation aims to provide professionals with information and resources for supporting clients experiencing guilt after losing someone to suicide.

Program for anyone who has been impacted by suicide loss or is supporting someone else after a loss to suicide:
Exploring Guilt in Suicide Bereavement
Tuesday February 24, 2026
Virtual Program: 4pm(PT)/ 5pm(MT)/ 6pm(CT)/ 7pm(ET)
In-Person Livestream: 4:30 PM at HeartLight Center
Many people who have experienced the loss of a loved one to suicide feel a sense of responsibility and guilt. And sometimes guilt can become a catch-all word for any negative feelings one has about themselves as it relates to the loss. This presentation is intended to support people who have lost someone to suicide and are experiencing guilt related to the loss. The presentation offers an opportunity to expand your understanding of guilt and reconsider your relationship to it.

About the Presenter:
Rebecca L. Sanford, PhD, RCSV, RCC is an Associate Professor in the School of Social Work and Human Service at the University of Colorado Denver. She is a licensed clinical social worker and a certified grief-informed professional. She has been working with people who are impacted by suicide as well as people who work in the helping professions. Rebecca has a passion for working with people who are impacted by suicide and is currently working on a book that is currently underway. Her research interests include the impact of suicide on the family and community, interventions for people who are bereaved or otherwise impacted by suicide, and training for helping professionals on responding to suicide.

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HeartLight Center

We Are
CRESS
Funeral & Cremation Service
cressfuneralservice.com
608-238-3434

Monthly Support Groups

Grief Support Circle: Open Support for Any Death Loss

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Participants are welcome to bring a photo or special object to share during group.

Meets the third Wednesday monthly

4:00 - 5:30 PM at Cress Madison East 3325 E Washington Ave, Madison, WI 53704

Scan to

Learn more

Loss of a Spouse/Partner Group

An ongoing support group for people who have experienced the death of a spouse, partner, or significant other. If your loss is recent or years ago, you are welcome to spend an evening with others who are on a similar journey.

Meets the Fourth Wednesday monthly

5:00-6:30 PM at Cress Center 6021 University Ave, Madison, WI 53705

Scan to

Learn more